

APPENDIX A

Instructional Resources



INSTRUCTIONAL RESOURCES

This *Framework* provides teachers and curriculum specialists with a wide array of learning activities to help students meet the *Comprehensive Health Education and Physical Education Core Curriculum Content Standards*. At the local school district level, educators should examine instructional materials currently in use and evaluate the materials to determine alignment with the *Standards*. As part of the alignment process, educators are encouraged to examine a wide array of materials and programs before deciding which ones will assist students to achieve the *Standards*.

In addition, school districts that utilize federal Safe and Drug-Free Schools and Communities Act (SDFSCA) funds for substance abuse prevention education must adhere to the *Safe and Drug-Free Schools Principles of Effectiveness*. The *Principles* were developed to ensure that recipients of Title IV funds use them in ways most likely to reduce drug use and violence among youth. Subsequently, school districts that receive this funding must select materials based on a needs assessment and measurable goals and objectives. Funded schools must select and implement an instructional program that has demonstrated effectiveness (or promise of effectiveness) in preventing or reducing drug use, violence, or disruptive behavior.

This section of the *Framework* provides a list of health and physical education instructional materials and resources. It also includes a list of Web sites to support instruction. Finally, this section includes a compilation of local, state, and national organizations that provide health and physical education information and materials. **The New Jersey Department of Education does not endorse any of the listed materials, agencies, or organizations.** Educators and curriculum specialists are urged to conduct a thorough review of materials before including an item in the instructional program.

IDENTIFYING AND EVALUATING INSTRUCTIONAL RESOURCES

Educators provide students with opportunities to develop a knowledge and skills base that is the foundation for future health and lifestyle decisions. Not all materials are appropriate for all audiences. Teachers need to locate accurate, timely, and developmentally appropriate materials (e.g., books, songs, videos) that help students learn key health and physical education concepts. The format, content, or reading level can limit the appropriateness or effectiveness of instructional materials for some populations. Inaccurate information may even be dangerous for a student. Consider the following when searching for new materials.

- Many important sources of information can be accessed through libraries/media centers. Utilize the services of the library media specialist to locate appropriate materials.
- Search databases such as ERIC, Medline, and PsycINFO for children's health information.
- Contact local, state, and national professional organizations for a listing of health resources (e.g., American School Health Association, National Association for the Education of Young Children).

- Utilize health specific search engines. Health Explorer (HYPERLINK <http://healthexplorer.com> <http://www.healthexplorer.com>) or Yahoo Health Directory (<http://www.yahoo.com/health>) offer up-to-date health information for teachers and children.
- Review program evaluation and research. Identify programs that have been shown effective with a student population similar to yours.

EVALUATING CONTENT

One guideline for judging the accuracy of content is to verify the credibility of the author, publisher, or source of the materials. Reviewing the author's credentials however, does not always ensure the accuracy or appropriateness of materials. Use your own judgment when examining materials. If you note one inconsistency or inaccurate message, there are probably more. View with skepticism materials that sound too good to be true. Examine the research behind the program and verify references. Be sure the materials meet the needs and interests of the students. To judge whether materials are current, look at the copyright date. Some health information is outdated in one to three years.

After identifying materials that seem appropriate, reliable, and current, consult with experts in the community. These experts can answer any questions you may have or clarify information about a topic or strategy. Consulting with experts (e.g., physicians, nurses, community health educators, fitness specialists) strengthens the instructional program and ensures community support. Look for materials that are easily integrated into your classroom routine, culturally relevant and sensitive, and easily adaptable for students with special needs.

This section is divided into three parts. The first table lists health and physical education instructional resources (e.g., textbooks, modules, curricula, CD-ROM). A brief description of each resource appears. Special notations indicate those programs that have received national recognition (e.g., National Diffusion Network) or provide published evaluations of effectiveness.

The second table lists health and physical education Web sites for both student and teacher use. Teachers are encouraged to review each site for appropriateness. The last part of this section lists numerous local, state, and national agencies and organizations that support health and physical education. Some of the listings may provide free or low cost materials for use in the classroom. Please contact the agency for more information.

SUMMARY

Teachers need to examine the materials currently used in their health and physical education program to ensure that the materials will assist students to meet the *Standards*. In order to enable all students to develop the knowledge and skills needed to achieve a healthy lifestyle, teachers need to judge the quality and appropriateness of instructional materials and incorporate programs that have been shown to be effective with a similar student population.

HEALTH AND PHYSICAL EDUCATION: INSTRUCTIONAL MATERIALS

Title	Grades	Description	Source	Comments
Know Your Body	K-6	<ul style="list-style-type: none"> Comprehensive program Skill builder units 	American Health Foundation 675 3rd Ave., 11th Floor New York, 10017 212-551-2509	<ul style="list-style-type: none"> NDN evaluated program Available in seven languages Teacher training available
Growing Healthy	K-6	<ul style="list-style-type: none"> Comprehensive program that emphasizes one major health topic each year (e.g., digestive system, respiratory system) Addresses 10 major content areas 	National Center for Health Education 72 Spring St., Suite 208 New York, 10012 800-551-3488	<ul style="list-style-type: none"> NDN evaluated program Spanish materials available Teacher training available
The Great Body Shop	K-6	<ul style="list-style-type: none"> Comprehensive program that emphasizes hands-on-learning, values, and skills Emphasizes personal and social skills 	Great Body Shop Box 7294 Wilton, CT 06897	<ul style="list-style-type: none"> Includes multi-ethnic characters and characters with disabilities Parent bulletins translated into Spanish, Vietnamese, Chinese, and Portuguese Teacher training available
Actions for Health	K-6	<ul style="list-style-type: none"> Focus on life skills and substance abuse 	ETR Associates Box 1830 Santa Cruz, CA 95061	<ul style="list-style-type: none"> Culturally diverse themes
Quest: Skills for Growing	K-5	<ul style="list-style-type: none"> Life skills and substance abuse approach 	Quest International Box 4850 Newark, OH 43055 800-446-2700	<ul style="list-style-type: none"> Community service component Translated into Swedish and Norwegian Violence prevention lessons are extra
Science for Life and Living	K-6	<ul style="list-style-type: none"> Science-based textbook program 	Kendall-Hunt Publishing Co. 4050 Westmark Dr. Dubuque, IA 52004 800-542-6657	<ul style="list-style-type: none"> Discusses gender equity
BABES	P-12	<ul style="list-style-type: none"> Drug and alcohol prevention program promoting personal skills 	BABES World, Inc. 33 East Forest Detroit, MI 48201 800-452-2237	<ul style="list-style-type: none"> Cartoon format

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Alcohol Misuse Prevention	6-8	<ul style="list-style-type: none"> Alcohol use prevention program 	University of Michigan Institute for Social Research Room 2349 Ann Arbor, MI 48106 313-747-0587	<ul style="list-style-type: none"> Evaluated program Parent component
Life Skills Training	6-9	<ul style="list-style-type: none"> Emphasizes resistance skills within context of broader social skills 	Princeton Health Press 115 Wall St. Princeton, NJ 08540 609-921-0540	<ul style="list-style-type: none"> Award-winning program CDC Programs <i>That Work</i> More published evaluations than any other curricula Revised for urban, African American, and Hispanic youth Teacher training available
Project Alert	6-8	<ul style="list-style-type: none"> Alcohol, tobacco, and other drug program emphasizing resistance skills Two year program 	Best Foundation 725 S. Figueroa St. Suite 1615 Los Angeles, CA 90017 800-ALERT 10	<ul style="list-style-type: none"> Evaluated program Peer leader component Frequent updates and technical assistance line Teacher training available
Project Northland	6-8	<ul style="list-style-type: none"> Focuses on alcohol use and abuse 	University of Minnesota 1300 South Second St. Suite 300 Minneapolis, Mn 55454 612-624-0057	<ul style="list-style-type: none"> Evaluated program May need adjustment for use with urban students
STAR (Students Taught Awareness and Resistance)	5-8	<ul style="list-style-type: none"> Emphasizes ATOD resistance skills Two year program 	Institute for Prevention Research 1540 Alcazar St. CHP 207 Los Angeles, CA 90033 213-342-2600	<ul style="list-style-type: none"> Evaluated program Peer leader component Translated into Spanish and Vietnamese
Social Competence Promotion Program for Young Adolescents	5-7	<ul style="list-style-type: none"> Substance abuse program based on interpersonal, cognitive, and problem solving model 	Dept. of Psychology University of Illinois at Chicago 1007 West Harrison St. Chicago, IL 60607 312-413-1012	<ul style="list-style-type: none"> Evaluated program Materials in Spanish Additional components cover teen pregnancy and HIV prevention

APPENDIX A

Title	Grades	Description	Source	Comments
Comprehensive Health for Middle Grades	5-9	<ul style="list-style-type: none"> Comprehensive topical student/teacher resource and supplemental materials 15 modules 	ETR Associates Box 1830 Santa Cruz, CA 95061 800-321-4407	<ul style="list-style-type: none"> Replaces Entering Adolescence program Spanish materials available
Discover: Decisions for Health	7-12	<ul style="list-style-type: none"> Addresses major health issues 	American Guidance Service 4201 Wooland Road Circle Pines, MN 55014 800-321-4407	<ul style="list-style-type: none"> Includes culturally-sensitive materials
Choosing Health High School	9-12	<ul style="list-style-type: none"> Comprehensive health program includes student/teacher resource books, fact books, and supportive materials 	ETR Associates Box 1830 Santa Cruz, CA 95061 800-321-4407	<ul style="list-style-type: none"> Replaces Entering Adulthood program
Health Skills for Life	K-12	<ul style="list-style-type: none"> Emphasizes skill development and interrelationship of health issues 	Box 22936 Eugene, OR 97402 541-485-3708	
Michigan Model	K-12	<ul style="list-style-type: none"> Focuses on prevention and resistance within context of social and personal skills 	Educational Materials Center Central Michigan University 800-214-8961	<ul style="list-style-type: none"> Developed to address the National Health Education Standards
Quest: Skills for Adolescence	6-8	<ul style="list-style-type: none"> 100 sessions emphasizing cooperative learning Offers tips for integrated or infused approaches 	Quest International Box 4850 Newark, OH 43055 800-446-2700	<ul style="list-style-type: none"> Translated into ten languages Separate violence prevention program
Quest: Skills for Action	9-12	<ul style="list-style-type: none"> Emphasizes personal and social responsibility and social skills 	Quest International Box 4850 Newark, OH 43055 800-446-2700	<ul style="list-style-type: none"> Community service component Translated into Dutch Includes violence prevention
Teenage Health Teaching Modules (THTM)	6-12	<ul style="list-style-type: none"> Emphasizes resistance, personal, and social skills across health topic areas Separate modules cover sexuality, violence, and ATOD use 	Education Developmental Center 55 Chapel St. Newton, MA 02158 800-225-4276	<ul style="list-style-type: none"> Evaluated program Community service option Includes HIV prevention materials

Title	Grades	Description	Source	Comments
DARE	K-12	<ul style="list-style-type: none"> ■ Focuses on smoking, alcohol, and drugs ■ Taught by uniformed police officers 	DARE America Box 2090 Los Angeles, CA 90051 800-223-DARE	<ul style="list-style-type: none"> ■ Evaluated program ■ Translated into Spanish and available in Braille
Here's Looking at You, 2000	K-12	<ul style="list-style-type: none"> ■ ATOD education program ■ Emphasizes personal and social skills 	AGC Educational Media 1560 Sherman Ave., Suite 100 Evanston, IL 60201	<ul style="list-style-type: none"> ■ Resource kits include games, videos, and books ■ Includes community service options ■ Violence prevention piece ■ Family connections
SANKOFA	7-12	<ul style="list-style-type: none"> ■ Violence prevention program 	University of Medicine and Dentistry of New Jersey Office of Prevention Services 973-235-4109	<ul style="list-style-type: none"> ■ Research-based program developed in New Jersey and supported by the NJ Department of Health and Senior Services ■ Culturally-based, life skills approach
Discover: Skills for Life	K-12	<ul style="list-style-type: none"> ■ Life skills program 	AGS 4201 Wooland Rd. Circle Pines, MN 55014 800-328-2560	<ul style="list-style-type: none"> ■ Materials available in Spanish ■ Includes HIV prevention ■ Supporting videos available
Voices of Love and Freedom	K-12	<ul style="list-style-type: none"> ■ Violence prevention program using children's books ■ Promotes literacy approach 	67 Allegheny St. Boston, MA 02120 617-635-6433	<ul style="list-style-type: none"> ■ Grounded in developmental research ■ Includes a Spanish literature program ■ Multicultural approach
A Peaceable Place	K-12	<ul style="list-style-type: none"> ■ Violence prevention program ■ Children's literature-based 	C.E. Mendez Foundation 601 South Magnolia Ave. Tampa, FL 33606 813-251-3600	<ul style="list-style-type: none"> ■ Interactive program

Title	Grades	Description	Source	Comments
Conflict Resolution Curriculum	K-12	<ul style="list-style-type: none"> Focuses on anger management, social problem solving, and communication skills 	The Knopf Company 1126 S. Main St. Plymouth, MI 48170	
Peace Builders	K-5	<ul style="list-style-type: none"> School climate program Provides classroom management strategies 	Heartsprings, Inc. 7482 E. Wandering Rd. Tucson, AZ 85732 520-299-6770	<ul style="list-style-type: none"> Evaluated program (CDC evaluation in progress) Includes programs for families and other school staff Playground component
Resolving Conflict Creativity	K-12	<ul style="list-style-type: none"> Focuses on diversity, prejudice, peace-building, and conflict resolution 	RCCP National Center 163 Third Ave. #103 New York 10003 212-509-0022	<ul style="list-style-type: none"> Currently being evaluated by CDC Considerable professional development needed
Second Step	P-8	<ul style="list-style-type: none"> Focuses on impulse control, empathy training, and anger management Multi-sensory approach with emphasis on language skill development 	Committee for Children 2203 Airport Way, Suite 500 Seattle, WA 98134 800-634-4449	<ul style="list-style-type: none"> Evaluated program Includes mentoring, gang pressure information, and family support materials Spanish supplements available
Conflict Resolution and Peer Mediation	K-5	<ul style="list-style-type: none"> Focuses on negotiation, mediation, and conflict management skills 	Mediation Network Box 241 Chapel Hill, NC 27541	<ul style="list-style-type: none"> Optional sessions on diversity
All Stars	6-7	<ul style="list-style-type: none"> Normative education and character development related to drugs, sex, and violence Taught by “trained specialists” 	Tanglewood Research Box 1772 Clemmons, NC 27012 800-826-4539	<ul style="list-style-type: none"> Preliminary evaluation completed Includes family component
PACT (Positive Adolescent Choices Training)	6-12	<ul style="list-style-type: none"> Violence prevention program for African American adolescents Requires small group sessions 	Research Press 2612 N. Mattis Ave. Champaign, IL 61812 800-519-2707	<ul style="list-style-type: none"> Limited evaluation Culturally sensitive
Reconnecting the Youth	9-12	<ul style="list-style-type: none"> Focuses on youth at risk for drug use, depression, aggressive behavior, or academic failure Small group, life skills approach 	National Educational Service Box 8 Bloomington, IN 47402 800-733-6786	<ul style="list-style-type: none"> Evaluated by NIDA Progress assessment included

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Responding in Peaceful and Positive Ways	6-7	<ul style="list-style-type: none"> ■ Social problem and resistance skills 	Life Skills Center Virginia Commonwealth University Box 842018 Richmond, VA 23284 888-LSC-ILSC	<ul style="list-style-type: none"> ■ CDC evaluation pending
Safe Dates	8-9	<ul style="list-style-type: none"> ■ Focuses on prevention of dating violence 	School of Public Health University of North Carolina at Chapel Hill Campus Box 7400 Chapel Hill, NC 27599 919-966-6353	<ul style="list-style-type: none"> ■ CDC evaluation pending
Be Proud, Be Responsible	Ages 13 to 18	<ul style="list-style-type: none"> ■ Focuses on safer sex and risk reduction ■ Targets inner city youth 	Select Media 212-732-4437	<ul style="list-style-type: none"> ■ Evaluated program ■ CDC Programs <i>That Work</i>
Get Real About AIDS	9-12	<ul style="list-style-type: none"> ■ Focuses on knowledge and skills to reduce risk of HIV infection 	Altschul Group 800-323-9084	<ul style="list-style-type: none"> ■ Evaluated program ■ CDC Programs <i>That Work</i> ■ Includes videos and parent newsletter
Project TNT: Towards No Tobacco Use	7-9	<ul style="list-style-type: none"> ■ Targets primary causes of tobacco use ■ Emphasizes knowledge and skills 	ETR Associates 800-321-4407	<ul style="list-style-type: none"> ■ Evaluated program ■ CDC Programs <i>That Work</i>
Focus on Kids	Ages 9 to 15	<ul style="list-style-type: none"> ■ Community-based, inner city HIV prevention program 	ETR Associates 800-321-4407	<ul style="list-style-type: none"> ■ Evaluated program ■ CDC Programs <i>That Work</i>
Health 'n Me	K-6	<ul style="list-style-type: none"> ■ Comprehensive health program ■ Incorporates language arts and basic skills using trade books and journals 	Re-Alco Industries 3601 W. Commercial Blvd. Suite 11 Fort Lauderdale, FL 33309 800-226-0213	<ul style="list-style-type: none"> ■ Family involvement component
Becoming a Responsible Teen	Ages 14 to 18	<ul style="list-style-type: none"> ■ HIV prevention program for African American youth ■ Focuses on skills and information 	ETR Associates 800-321-4407	<ul style="list-style-type: none"> ■ Evaluated program ■ CDC Programs <i>That Work</i>
Reducing the Risk	9-10	<ul style="list-style-type: none"> ■ Focuses on sexual, risk-reduction strategies 	ETR Associates 800-321-4407	<ul style="list-style-type: none"> ■ Evaluated program ■ CDC Programs <i>That Work</i>

Title	Grades	Description	Source	Comments
Removing the Risk: Abstinence for High School Students	9-12	<ul style="list-style-type: none"> Focuses on interpersonal and social skills needed to postpone sexual involvement 	ETR Associates 800-321-4407	<ul style="list-style-type: none"> Based on <i>Reducing the Risk</i> research
Sex Can Wait	5-12	<ul style="list-style-type: none"> Focuses on life planning skills, self-esteem, and decision making to support abstinence 	ETR Associates 800-321-4407	<ul style="list-style-type: none"> Award winning program Does not cover contraception
Values and Choices	7-8	<ul style="list-style-type: none"> Sexuality education program Promotes 7 core values that support abstinence 	ETR Associates 800-321-4407	<ul style="list-style-type: none"> Includes parent guide
Totally Awesome Health	K-8	<ul style="list-style-type: none"> Comprehensive health lesson ideas, tips, and background information for teachers 	MeeksHeit Publishing Co. Box 121 Blacklick, OH 43004 800-682-6882	
Comprehensive School Health Education: Totally Awesome Strategies (1st and 2nd editions)	K-12	<ul style="list-style-type: none"> Resource books containing health lesson ideas and background information for teachers 	MeeksHeit Publishing Co. 800-682-6882	<ul style="list-style-type: none"> Companion books on violence, substance abuse, and sexuality
Violence Prevention	K-12	<ul style="list-style-type: none"> Resource book for teachers 	MeeksHeit Publishing Co. 800-682-6882	
Substance Abuse Prevention Activities	K-6 7-12	<ul style="list-style-type: none"> Ready to use lessons, fact sheets, and resources 	Prentice Hall Englewood Cliffs, NJ 07632	
How to Survive Teaching Health	4-12	<ul style="list-style-type: none"> Ready to use games, activities, and worksheets 	Parker Publishing West Nyack, NY 10995	
Social Decision Making and Problem Solving	P-12 K-6	<ul style="list-style-type: none"> Focuses on promoting social competence and life skills Covers violence, substance abuse, and related behaviors 	UMDNJ-CMHC 240 Stelton Rd. Piscataway, NJ 08854 732-235-4939	<ul style="list-style-type: none"> NDN endorsed program New Jersey researched program
Perspectives on Health	9-12	<ul style="list-style-type: none"> Health text 	D.C. Heath and Company	
Health: A Guide to Wellness Teen Health Today's Teen Married and Single Life Young Living	9-12 7-12	<ul style="list-style-type: none"> Health texts Family and consumer science texts Includes life skills, wellness, careers and family life materials 	Glencoe 936 Eastwind Drive Westerville, OH 43081	<ul style="list-style-type: none"> Includes tests, transparencies, and other supportive materials

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Changing the Course Do It Yourself	K-12 K-4	<ul style="list-style-type: none"> ■ Nutrition education program ■ Health education program 	American Cancer Society NJ Affiliate 2600 US Rte. 1, Box 6001 North Brunswick, NJ 08902 732-297-8000	
Fitness For Life	7-12	<ul style="list-style-type: none"> ■ Focuses on personal fitness ■ Textbook program 	Scott Foresman-Addison Wesley 1900 E. Lake Ave. Glenview, IL 60025 1-800-552-2259	<ul style="list-style-type: none"> ■ Includes technology options ■ Includes in-service video
Drive Right	9-12	<ul style="list-style-type: none"> ■ Driver education program 	Scott Foresman-Addison Wesley 1900 E. Lake Ave. Glenview, IL 60025 1-800-552-2259	<ul style="list-style-type: none"> ■ Focuses on critical thinking and decision making skills ■ Includes parent guide
Health For Life	7-8	<ul style="list-style-type: none"> ■ Health textbook 	Scott Foresman-Addison Wesley 1900 E. Lake Ave. Glenview, IL 60025 1-800-552-2259	<ul style="list-style-type: none"> ■ Includes videodisc package ■ Sexuality supplements
Here We Go...Watch Me Grow	Pre-K	<ul style="list-style-type: none"> ■ Focuses on specific health themes ■ Uses learning centers 	ETR Associates 800-321-4407	<ul style="list-style-type: none"> ■ Teacher training available
SPARK Sports, Play, and Active Recreation for Kids	K-6	<ul style="list-style-type: none"> ■ Developmentally appropriate activities to develop health-related fitness and locomotor skills ■ Includes self management component 	SPARK PE San Diego State University 6363 Alverado Court Suite 250 San Diego, CA 92120 800-SPARK-PE	<ul style="list-style-type: none"> ■ Recognized as exemplary program by USDOE ■ Developed through grant from HLBI at NIH ■ Teacher training available
CATCH Child and Adolescent Trial for Cardiovascular Health	K-5	<ul style="list-style-type: none"> ■ Nutrition and physical activity program ■ Includes videos, teacher guidebook, and activity box 	National Heart, Lung and Blood Institute (NHLBI) Information Center Box 30105 Bethesda, MD 20824 301-251-1222	<ul style="list-style-type: none"> ■ Evaluated program ■ Funded through USDHHS/NHLBI ■ Includes food service and family components

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Innovative Fitness Connections	7-12	<ul style="list-style-type: none"> ■ Lesson plans, fitness station cards, wall charts, music cassettes, and assessment tools ■ Teacher training available 	Innovative Fitness 7713 Hennings Way Anchorage, Alaska 99504 800-453-9343	<ul style="list-style-type: none"> ■ Teacher training available
Jump Rope for Heart Curriculum Guide	K-12	<ul style="list-style-type: none"> ■ Teacher's guide, videos, and wall charts that demonstrate jumping skills 	American Heart Association New Jersey Affiliate 2500 US Highway #1 North Brunswick, NJ 08902 800-540-0443	<ul style="list-style-type: none"> ■ Community service component
American Master Teacher Series Physical Education: <ul style="list-style-type: none"> ■ Teaching Children Dance ■ Teaching Children Fitness ■ Teaching Children Games ■ Teaching Children Gymnastics ■ Teaching Children Movement Concepts and Skills 	K-5	<ul style="list-style-type: none"> ■ Theory and practice oriented materials ■ Lesson ideas 	Human Kinetics Box 5076 Champaign, IL 61825 800-747-4457	<ul style="list-style-type: none"> ■ Accompanying videos available
Quality Lesson Plans for Secondary Physical Education	7-12	<ul style="list-style-type: none"> ■ Unit and lesson plans for games and sport activities 	Human Kinetics 800-747-4457	
Physical Education Unit Plans (four books)	P-K 1-2 3-4 5-6	<ul style="list-style-type: none"> ■ Learning experiences in games, gymnastics, and dance ■ Section on movement theory 	Human Kinetics 800-747-4457	
Health-Related Fitness (three books)	1-2 3-4 5-6	<ul style="list-style-type: none"> ■ Fitness and nutrition activities 	Human Kinetics 800-747-4457	

Title	Grades	Description	Source	Comments
Ideas III: Middle School Physical Activities for a Fit Generation	5-8	<ul style="list-style-type: none"> ■ Fitness games, individual and team activities, and special event ideas submitted by teachers 	NASPE 1900 Association Drive Reston, VA 20191 703-476-3410	
Special Olympics Sports Skills Program	All ages	<ul style="list-style-type: none"> ■ Program manuals for most sports ■ Designed for use with individuals with disabilities ■ Can be adapted for use with all children 	Special Olympics New Jersey Princeton Forrestal Village 201 Rockingham Row Princeton, NJ 08540 609-734-8400	<ul style="list-style-type: none"> ■ Includes skill assessment tools ■ Lots of ideas to modify play for all levels of participation ■ Includes cross-content ideas
Helping At-Risk Youth Through Physical Fitness Programming	7-12	<ul style="list-style-type: none"> ■ Focuses on goal setting and discipline for students in alternative settings 	Human Kinetics 800-747-4457	<ul style="list-style-type: none"> ■ Discusses real-life programs already in place
Using Technology in Physical Education	All	<ul style="list-style-type: none"> ■ Resource book for teachers to implement technological strategies in the gym or classroom 	Human Kinetics 800-747-4457	
Play to Win	7-12	<ul style="list-style-type: none"> ■ Journal writing and goal setting to improve personal performance 	Source Publications 8801 S. Yale, Suite 250 Tulsa, OK 74137 800-477-6698	<ul style="list-style-type: none"> ■ Proven program used with elite level athletes but adaptable for all students
Multicultural Games	K-8	<ul style="list-style-type: none"> ■ Ideas and strategies from 43 countries or cultures ■ Background information on the game and culture 	Human Kinetics 800-747-4457	<ul style="list-style-type: none"> ■ Ideas for interdisciplinary instruction
Inclusive Games	P-8	<ul style="list-style-type: none"> ■ Game and skill adaptations for students of all ability levels 	Human Kinetics 800-747-4457	<ul style="list-style-type: none"> ■ Some adaptations are illustrated
Pyramid Challenge	4-8	<ul style="list-style-type: none"> ■ Interactive software package that allows students to analyze diet and fitness level 	DINE Systems 800-688-1848	<ul style="list-style-type: none"> ■ Optional curriculum guide ■ Can also be used with older students and adults
Magic School Bus Human Body	3-5	<ul style="list-style-type: none"> ■ CD-Rom that explores how the human body works 	Microsoft Corp. 800-426-9400	
Life's Greatest Mysteries	5-12	<ul style="list-style-type: none"> ■ CD-Rom that answers questions about the human body 	Adam Software 800-408-ADAM	

APPENDIX A

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Ultimate Human Body	7-12	<ul style="list-style-type: none"> CD-Rom that explores body processes 	DK Multimedia 800-467-9580	<ul style="list-style-type: none"> Over 1000 illustrations, 90 animations, and 1400 sound effects
Ultimate 3D Skeleton	7-12	<ul style="list-style-type: none"> CD-Rom that explores bone structure 	DK Multimedia 800-467-9580	
DINE Healthy	7-12	<ul style="list-style-type: none"> CD-Rom focuses on fitness and nutrition 	DINE Systems 716-688-2400	<ul style="list-style-type: none"> Personal trainer program
Pyramid Challenge	3-9	<ul style="list-style-type: none"> CD-Rom focuses on the Food Guide Pyramid 	DINE Systems 716-688-2400	
Body Awareness Resource Network (BARN)	4-12	<ul style="list-style-type: none"> CD-Rom focusing on decision-making & health 	Pyramid Media 800-421-2304	<ul style="list-style-type: none"> Researched and tested with over 6000 teenagers Interactive program
Educating Hearts and Minds	All	<ul style="list-style-type: none"> Character education framework 	Corwin Press Thousand Oaks, CA	
Rules and Procedures for Character Education	All	<ul style="list-style-type: none"> Ideas and strategies to support civility 	Character Development Group Chapel Hill, NC	
Educating for Character	All	<ul style="list-style-type: none"> Strategies to teach respect and responsibility 	Bantam Books New York, NY	
Teaching Character	All	<ul style="list-style-type: none"> Teacher's idea book 	Character Development Group Chapel Hill, NC	
Adventure Programming Workshop Manual	7-12	<ul style="list-style-type: none"> Project Adventure Guide 	Project Adventure Box 100 Hamilton, MA 01936 508-468-7981	
Cowtails and Cobras	7-12	<ul style="list-style-type: none"> Guide to games, ropes courses, and adventure curriculum 	Kendall Hunt 4050 Westmark Drive Dubuque, IA 52004 800-542-6657	

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Health and Wellness	9-12	<ul style="list-style-type: none"> ■ Focuses on ten areas of health ■ Textbook/workbook program 	MeeksHeit Publishing 800-682-6882	<ul style="list-style-type: none"> ■ Teacher resource program available
High Tech for Health	7-12	<ul style="list-style-type: none"> ■ Interactive CD-Rom program focuses on nutrition, stress, and ATODs 	MeeksHeit Publishing 800-682-6882	
Skate in School	All	<ul style="list-style-type: none"> ■ Promotes safe in-line skating as a means to fitness ■ Includes lesson plans and guide 	Rollerblade 888-758-4386	<ul style="list-style-type: none"> ■ Equipment packages include skates and safety equipment
Sex, etc. Family Life Matters	9-12	<ul style="list-style-type: none"> ■ Health/sexuality newsletter ■ Health/sexuality newsletter 	Network for Family Life Education Rutgers, The State University 100 Joyce Kilmer Ave. Piscataway, NJ 08854 732-445-7929	<ul style="list-style-type: none"> ■ Written by teenagers ■ Includes teacher's discussion guide ■ Information and resources for teachers

HEALTH AND PHYSICAL EDUCATION WEB SITES

AMERICAN ACADEMY OF PEDIATRICS (AAP)

<http://www.aap.org>

Child health information (e.g., nutrition, parenting, fitness, immunizations)

AMERICAN ALLIANCE FOR HEALTH, PHYSICAL EDUCATION, RECREATION, AND DANCE

<http://www.aahperd.org>

National professional association; Provides information on *Hoops for Heart and Jump Rope for Heart* programs

AMERICAN CANCER SOCIETY

<http://www.cancer.org/frames.html>

Comprehensive health education initiatives and cancer resources

AMERICAN COLLEGE OF SPORT MEDICINE

<http://www.acsm.org/sportsmed>

Sports medicine updates and info on sports medicine careers

AMERICAN COUNCIL ON EXERCISE

<http://www.acefitness.org>

Fitness certification, resources, *Fit Facts*

AMERICAN DIABETES ASSOCIATION

<http://www.diabetes.org/custom.asp>

Clinical information and research on diabetes

AMERICAN DIETETIC ASSOCIATION

<http://www.eatright.org/>

Nutrition info and resources

AMERICAN HEART ASSOCIATION

<http://www.amhrt.org>

Resources and materials

AMERICAN MEDICAL SOCIETY

<http://ama-assn.org>

Medical updates, resources

AMERICAN PUBLIC HEALTH ASSOCIATION

<http://www.apha.org>

Information on public health issues and legislation

AMERICAN SCHOOL HEALTH ASSOCIATION

<http://www.ashaweb.org>

Resources, publications, professional development

ARTHRITIS FOUNDATION

<http://www.arthritis.org>

Resources and information

ASSOCIATION FOR WORKSITE HEALTH PROMOTION

<http://www.awhp.com>

Links to employee wellness sites

BICYCLE FEDERATION

<http://www.bikefed.org>

Bike safety resources

BASEBALL

<http://www.totalbaseball.com/side-fra.htm>

Official Encyclopedia of Major League Baseball

BRITANNICA SPORTING RECORD

HYPERLINK <http://sports.eb.com/olympic/>

<http://sports.eb.com/olympic/micro/54/44.html>

Historical information on sports such as baseball and archery

CENTERS FOR DISEASE CONTROL AND PREVENTION (CDC)

<http://www.cdc.gov/>

Statistics, model programs, disease information

CDC/DASH (DIVISION OF ADOLESCENT AND SCHOOL HEALTH)

<http://www.cdc.gov/nccdphp/dash>

School health information, statistics on adolescent issues, school health information

COMBINED HEALTH INFORMATION DATABASE (CHID)

<http://chid.nih.gov>

Information on federal health initiatives

COOPER INSTITUTE FOR AEROBICS RESEARCH

<http://www.cooperinst.org>

Fitnessgram assessment tool, resources, and materials

COUNCIL OF CHIEF STATE SCHOOL OFFICERS (CCSSO)

<http://www.ccsso.org/health-links.html>

School health resources and information

FEDERAL RESOURCES FOR EDUCATIONAL EXCELLENCE (FREE)

<http://www.ed.gov/free>

Teaching and learning resources; links to health and physical education sites

FDA KIDS PAGE

<http://www.hhs.gov/>

Information and resources on children's health programs

FITNESS WORLD

<http://www.fitnessworld.com>

Info on diet, exercise, equipment

FITNESS ZONE

www.fitnesszone.com

Fitness info, resources, equipment

FITNESS LINK

<http://www.fitnesslink.com/links.htm>

Fitness search engine; evaluates various sites

FRANKLIN INSTITUTE

<http://slnifi.edu/>

Info on exhibits, the heart, and related medical programs

GAMEKIDS

www.gamekids.com

Games created by and for kids; some physical activities

GAMES KIDS PLAY

www.corpcomm.net/~gnneiboer/gamehome.htm

Catalog and collection of backyard games

HUMAN GENOME

<http://www.mcet.edu/humangenome/overview.html>

Interactive student area, forum, and resources

on ethics and legal issues regarding genetics

INTERNATIONAL FOOD INFORMATION COUNCIL

<http://ificinfo.health.org>

Info and research on food safety, labels, and nutrition

INTERNATIONAL LIFE SCIENCES INSTITUTE

<http://home.worldweb.net/ils/na.html>

Food and nutrition resources

INTERNATIONAL MEDICAL, HEALTH, AND ENVIRONMENTAL NETWORK

<http://www.nlm.nih.gov>

National Library of Medicine

Visible Human project

KAISER FOUNDATION

<http://report.kff.org/repro/>

Updates on reproductive health issues and legislation

KIDSHEALTH

<http://KidsHealth.org>

Info for kids, parents, and professionals on growth, fitness, nutrition; includes recipes, games, toy evaluations

NATIONAL ASSOCIATION OF GOVERNOR'S COUNCILS ON PHYSICAL FITNESS AND SPORTS

<http://www.fotnesslink.com/Govcouncil>

Resources on national and state fitness initiatives

NATIONAL CLEARINGHOUSE FOR ALCOHOL AND DRUG INFORMATION

<http://www.health.org/aboutn.htm>
Database, information, resources

NATIONAL COALITION FOR PROMOTION OF PHYSICAL ACTIVITY

<http://www.al.com/ncppa>
Information and resources to promote family and community fitness

NATIONAL PTA

<http://www.pta.org>
Links to parenting resources

NATIONAL RECREATION AND PARKS ASSOCIATION

<http://www.nrpa.org>
Playground safety issues and policies

NATIONAL SCHOOL BOARDS ASSOCIATION

<http://www.nsba.org/services/federation/hivweb.html>
Information and school policies on HIV

PARENTING PROJECT

<http://www.parentingproject.org>
Parenting information

PE CENTRAL

<http://pe.central.vt.edu/>

PE TALK

<http://www.sportime.com/pe-talk/>
Information, lesson ideas, and resources

PHYSICIAN AND SPORTS MEDICINE

<http://www.physsportsmed.com>
Journal articles, personal health issues

PRESIDENT'S FITNESS CHALLENGE

www.indiana.edu/~preschal
Information on fitness testing and materials

SHAPE UP AMERICA

<http://www.shapeup.org>
BMI calculator, cyberkitchen recipes, fitness and weight management

SPORT INFORMATION RESOURCE CENTER

<http://www.sportquest.com>
Resources and information on sports

SPORTSMEDIA

www.ping.be/sportsmedia
Coaching and teaching links
Pen pal page for students

USA GYMNASTICS

www.usa-gymnastics.org/toc.html
Information on gymnastics rules and history
Simulated events

USA OLYMPICS

www.olympic-usa.org/
Information on history of Olympic games and various sports, lesson ideas and programs

WELLNESS COUNCILS OF AMERICA

<http://www.welcoa.org/about.htm>
Workplace wellness

WORLD HEALTH ORGANIZATION

<http://www.who.org>
International health issues

NATIONAL AND STATE AGENCIES AND ORGANIZATIONS**ADVOCATES FOR YOUTH**

1025 Vermont Ave., NW
Suite 200
Washington, DC 20005
202-347-5700

AMERICAN ACADEMY OF FAMILY PHYSICIANS

S.E. 19th Street
Edmond, OK 73013

AMERICAN ACADEMY OF OPHTHALMOLOGY

655 Beach St.
San Francisco, CA 94120
415-561-8532

AMERICAN CANCER SOCIETY, NJ DIVISION

2600 U.S. Route 1
North Brunswick, NJ 08902-4301
732-297-8000

AMERICAN COLLEGE OF SPORTS MEDICINE

PO Box 1440
Indianapolis, IN 46206-1440
317-637-9200

AMERICAN DENTAL ASSOCIATION

211 East Chicago Ave.
Chicago, IL 60611
312-440-2500

AMERICAN FITNESS ALLIANCE

1-800-747-4457, ext. 2407/08

AMERICAN LUNG ASSOCIATION

1600 Route 22 East
Union, NJ 07083-3410
908-687-9340

AMERICAN HEART ASSOC., NJ AFFILIATE

2550 Highway #1
North Brunswick, NJ 08902
732-821-2610

AMERICAN RED CROSS

1730 East Street, NW
Washington, DC 20006
202-639-3039

**AMERICAN STOP SMOKING
INTERVENTION STUDY (ASSIST)**

New Jersey Dept. of Health & Senior Services
PO Box 362
Trenton, NJ 08625-0362
609-984-1310

ARTHRITIS FOUNDATION

1314 Spring St., NW
Atlanta, GA 30236
404-872-7100

**ASSOCIATION FOR SUPERVISION AND
CURRICULUM DEVELOPMENT**

1250 N. Pitt St.
Alexandria, VA 22314-1453
1-800-933-ASCD

ASSOCIATION FOR EXPERIENTIAL EDUCATION

2305 Canyon Blvd., Suite 100
Boulder, CO 80302

**CENTERS FOR DISEASE CONTROL &
PREVENTION, DIVISION OF ADOLESCENT &
SCHOOL HEALTH (DASH)**

4770 Buford Hwy, NE, MS K-31
Atlanta, GA 30341-3724
1-888-CDC-4NRG

COUNCIL OF CHIEF STATE SCHOOL OFFICERS

One Massachusetts Ave., NW
Suite 700
Washington, DC 20001-1431
202-408-5505

DRUG ENFORCEMENT AGENCY

U.S. Department of Justice
400 6th St., SW, Room 2558
Washington, DC 20024
202-401-7834

EDUCATION DEVELOPMENT CENTER

55 Chapel St.
Newton, MA 01260
1-800-225-4276

ENVIROMENTAL AND OCCUPATIONAL HEALTH SERVICES INSTITUTE

Frelinghyysen Rd.
Piscataway, NJ 08854
732-235-5130

FOOD & DRUG ADMINISTRATION

Office of Consumer Affairs
5600 Fishers Lane (HFE-88)
Rockville, MD 20857
301-443-3170

FOOD & NUTRITION INFORMATION CENTER

10301 Baltimore Blvd.
Beltsville, MD 20705
301-504-5719

FOOD & NUTRITION SERVICE

U.S. Department of Agriculture
301 Park Center Drive
Alexandria, VA 22204

KIDS AGAINST TOBACCO

Department of Preventive Medicine
American Medical Association
515 North State St.
Chicago, IL 60610
312-464-5000, Ext. 5979

MARCH OF DIMES BIRTH DEFECTS FOUNDATION

1275 Mamaroneck Ave.
White Plains, NY 10605
914-997-4467

NATIONAL ASSOCIATION OF SCHOOL NURSES, INC.

Lamplighter Lane
Scarborough, ME 04070-1300
207-883-2117

NATIONAL CANCER INSTITUTE

9000 Rockville Pike
Bethesda, MD 20892
301-496-8577

NATIONAL CENTER FOR HEALTH STATISTICS

Scientific & Technical Information Branch
Dept. of Health and Human Services
6525 Belcrest Rd.
Room 1064
Hyattsville, MD 20782
301-565-4167

NATIONAL CLEARINGHOUSE FOR ALCOHOL & DRUG INFORMATION

11426 Rockville Pike
Rockville, MD 20852
1-800-729-6686

NATIONAL DAIRY COUNCIL

10255 W. Higgins, Suite 900
Rosemont, IL 60018-5616
1-800-486-8271

NATIONAL DIABETES CLEARINGHOUSE

Box NDIC
9000 Rockville Pike
Bethesda, MD 20892
301-468-2162

NATIONAL EDUCATION ASSOCIATION

1201 16th St., NW
Washington, DC 20036
202-822-7570

NATIONAL HIGHWAY TRAFFIC SAFETY ADMINISTRATION

400 7th St., SW, Room 5118L
Washington, DC 20590
202-366-6616

NATIONAL INSTITUTES OF HEALTH

9000 Independence Ave., SW
Washington, DC 20201
202-690-7536

**NATIONAL INSTITUTE OF ALCOHOL ABUSE
AND ALCOHOLISM**

5600 Fishers Lane
Rockville, MD 20857
301-443-3885

NATIONAL MENTAL HEALTH ASSOCIATION

1021 Prince St.
Alexandria, VA 22314-2971
703-684-7722

NATIONAL PTA

1700 N. Rush St.
Chicago, IL 60611
312-787-0977

NATIONAL SAFETY COUNCIL

444 North Michigan Ave.
Chicago, IL 60611
312-527-4800

NATIONAL SCHOOL BOARDS ASSOCIATION

1680 Duke St.
Alexandria, VA 22314
703-838-6722

NEW JERSEY BREATHE

Medical Society of New Jersey
Two Princess Rd.
Lawrenceville, NJ 08648
609-896-1766

**NEW JERSEY DEPARTMENT OF HEALTH &
SENIOR SERVICES**

Web Site for access numbers and information:
HYPERLINK
<http://www.state.nj.us/health/index.html>

**NEW JERSEY DEPARTMENT OF HUMAN
SERVICES**

Web Site for access numbers and information:
<http://www.state.nj.us/humanservices>

**OFFICE OF HEALTH INFORMATION, HEALTH
PROMOTION, PHYSICAL FITNESS, & SPORTS
MEDICINE**

Department of Health & Human Services
200 Independence Ave. S.W.
Washington, DC 20201

OFFICE OF SCHOOL HEALTH

School Health Resource Services
University of Colorado Health Sciences Center
4200 East Ninth Ave., C-287
Denver, CO 80262

PHI DELTA KAPPA INTERNATIONAL

408 North Union
Box 789
Bloomington, IN 47402-0789

**PRESIDENT'S COUNCIL ON PHYSICAL FITNESS
AND SPORTS**

701 Pennsylvania Ave. S.W., Suite 250
Washington, DC 20004
202-272-3421

TOBACCO AGE OF SALE ENFORCEMENT (TASE)

New Jersey Department of Health and
Senior Services
P.O. Box 362
Trenton, NJ 08625-0362
609-984-3317

**UNITED STATES DEPARTMENT OF
AGRICULTURE**

14th & Independence Ave. S.W.
Washington, DC 20250
202-720-2791